

Forever Charleston

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Tie A Yellow Ribbon - The Drifters



CHARLESTON BASIC

- 1 Tap right foot forward
- 2 Step right foot back
- 3 Tap left foot back
- 4 Step left foot forward
- 5-8 Repeat 1-4

TAP TWICE, CROSS STEPS TO LEFT, TAP TWICE, CROSS STEPS ¼ RIGHT

- 1 Tap right foot forward
- 2 Tap right foot side
- 3 Cross right foot behind left foot
- & Step left foot to left
- 4 Cross right foot over left foot
- 5 Tap left foot forward
- 6 Tap left foot side
- 7 Cross left foot behind right foot
- & Step right foot ¼ right
- 8 Step left foot forward

SHIMMY RIGHT, SHOULDER LIFT, SHIMMY LEFT, SHOULDER LIFT

- 1 Step right foot to right, shimmy
- 2 Cross left foot over, shimmy
- 3 Step right foot to right, shimmy
- & Tap left foot in place, lift left shoulder up, right shoulder down
- 4 Lower left shoulder, right shoulder up
- 5 Step left foot to left, shimmy
- 6 Cross right foot over, shimmy
- 7 Step left foot to left, shimmy
- & Tap right foot in place, lift right shoulder up, left shoulder down
- 8 Lower right shoulder, left shoulder up

RIGHT AND LEFT ANKLE TAPS, HAND SWITCHES OVER KNEES

- 1& Stand with both feet together, lift right leg, tap outer ankle with right hand, put right leg down
- 2& Repeat 1&
- 3& Lift left leg, tap outer ankle with left hand, put left leg down
- 4& Repeat 3&
- 5 Stand with feet apart, bend both knees, right hand over right knee and left hand over left knee
- & Bring both knees together, switch hands over knees
- 6 With right hand over left knee and left hand over right knee, open both knees
- & Bring both knees together, switch hands over knees
- 7 With right hand over right knee and left hand over left knee, open both knees
- & Bring both knees together, switch hands over knees
- 8 With right hand over left knee and left hand over right knee, open both knees

REPEAT

